

## **Arlington Council on Aging Meeting Minutes April 21, 2016**

**Present:** Mara Klein Collins, Jim Munsey, Noreen Murphy, Sue Culhane, Dick Phelps, and Marge Vanderhill.

Associate members present: Karen Nichols and Bob Tosi

I. Call to order: The regular meeting of the Council on Aging Board was called to order by Mara Klein Collins at 6:03PM on April 21, 2016, at 27 Maple Street, Arlington, MA.

Citizen's Open Forum: No one present.

### **II. Old Business:**

A. AARP: Mara will check in with Paul Raia and be the point person with Sandy Albright regarding the Age-Friendly Communities program.

B. Newsletter: Laura Munsey put together a sample for the COA to review.

### **III. Report of the Chair**

A. Director of the Office of Development will attend the May COA meeting.

B. A new board member is needed for Minuteman Senior Services. A possible candidate will be at either the May or June COA meeting. A new representative to Minuteman is needed to attend our board meetings.

C. The COA presentation needs to be updated and given to the Board of Selectmen and Fin Com post budget.

### **IV. Executive Directors Report: March – April 2016**

A. Volunteer Luncheon was held April 21 in order to honor and appreciate the value of the role of our hard working volunteers. It was a wonderful event. The Friends of Arlington COA paid for the entertainment and provided \$150 to offset some of the expense.

B. Lahey Diabetes Program is shaping up nicely. Start date is anticipated mid-June.

C. Collaboration with the COA/Lahey/Word Peas – Farmers Market will be available to seniors this summer again. This will begin mid-June and last 20 weeks.

D. COA was awarded a \$1,000 grant from Mt Auburn to focus on Stroke Education. The current group of nurses that are with the COA this semester participated in the grant writing process and will be here to begin implementing the program

E. Paul Raia, PhD, COA Board member will be a featured guest on the “Living Out Loud” program we film at ACMI. He will be interviewed by Arick Bell, nurse and the discussion will focus on dementia.

F. We are looking into creating a Memory Café to support families caring for memory impaired members. A visiting nurse, Arick Bell and Mark Waksmonski will be evaluating the possibility.

G. New Breakfast Program will be debuting the 2nd week of May. This is collaboration between MMSS and the COA and will be using commodity foods. Program will initially be placed at Drake and breakfasts will be available on Tuesdays/Thursdays for \$2.50 each.

H. The Arlington Elder Abuse Task Force (ie COA) and the APD have collaborated and created a postcard (card stock) with fraud warnings listed to be placed in the MOW bags delivered from both the Drake Village site and the Senior Center site. Thanks to MMSS for allowing us to disseminate the post cards through the MOW program.

#### V. Other Reports

Friends of the COA: Ann Fitzgerald and Karen Nichols will meet with Ken Greenly in June.

VI. Minutes of the March 17, 2016, were accepted. Noreen Murphy so moved and Jim Munsey seconded.

VII. New Business: MMSS Board member for Arlington. See report of the chair above.

#### VIII. Other Business

A. Board members should check the member list from Mara and verify contact information.

B. Vision 20/20 will present an update at a future board meeting.

IX. Meeting was adjourned at 6:48PM.

